

September 2015



West Ridge Care Center

# West Ridge Breeze

## From Richard's Desk

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Most of the Department Heads will be attending the annual Iowa Health Care Association conference in Des Moines this month. This three day event will focus on preparing providers to meet the challenges of state and federal regulations, quality improvements and managed care, as well as consumer needs and expectations. The convention always provides an excellent opportunity to meet, network and learn from our long term services and support peers. As changes and expectations for

our profession evolve, it is more important than ever to stay up to date and connected with the health care systems.

I am excited to announce that we are fortunate to have Abby Martin join the West Ridge family as our new Social Worker. Abby has a Bachelor of Social Work from Luther College and earned her Master's of Social Work from the University of Iowa. Abby has worked at the University of Iowa Hospital, Josie Harper Hospice House and Comfort Keepers. She has a

strong passion to help the elders of our community. Please help to welcome her.

Remember to make a difference. Understand that today is a gift. Put a smile on your face and make someone's day. I thank each of you for contributing to the quality of care and services that you have the privilege to provide. As one of the many faces of caring, never be afraid to make a difference.

Richard



## Social Work News

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Hi all! My name is Abby Martin and I am the new social worker at West Ridge. I recently graduated with my Master's degree in Social Work from the University of Iowa. I have previously worked at the University of Iowa in the Bone Marrow

Transplant Center and as the Volunteer Coordinator at the Josie Harper Hospice House in Omaha. This is my first official job as a Social Worker and I am excited to be working with the population I love.

I am originally from

Marion, Iowa and went to Linn-Mar for high school. I am glad to be back in the area after moving around for a while.

I am currently living in Marion with my parents and two younger brothers. I enjoy spending time

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## Nursing Notes

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Fall is here and as the seasons change we are ready for some changes here at “The Ridge”. I’m excited to share that West Ridge has joined Telligen (The quality improvement organization for Iowa) in an exciting collaborative opportunity in our healthcare community. The goal is to decrease the amount of unplanned hospital readmissions from our care center. We are very fortunate to have their expertise and commitment in this collaborative.

Long term care providers have been focused on reducing thirty day post-discharge re-admissions for many years. What will be new for us at West Ridge is adding the INTERACT tools. The INTERACT, Stop and Watch forms are located at the front door, both nurses stations, the therapy room, the kitchen, and in the laundry room. These forms are to be used when

anyone notices a change in one of the elders. A change in condition may consist of things like the resident is acting different, is having increased pain, is confused, eating less, or any other occurrence that is not quite right or is different for the resident. The goal of the Stop and Watch is to alert staff early of any change in the resident. Then swift intervention can be implemented. The form upon completion is given to the charge nurse and the carbon copy is given to the Director of Nursing. The DON then takes the form to the morning huddle to discuss with the inter-disciplinary team.

We are able to manage many conditions here at WRCC such as head to toe assessments, vital sign monitoring with orthostatic blood pressures, start IV fluids, or give IV medications, catheters , drains,

nephrostomy tubes, maintain PICC lines or other central lines/ ports, tube feedings, oxygen therapy, do stat labs, check a urinalysis, get onsite x-rays, EKGs, bed side swallow studies, bladder scanning, Doppler, manage wound vacs, stool samples, culture wounds, and any other blood work as ordered. All of these interventions when completed here at WRCC can assist in unnecessary ER visits leading to hospital readmissions. This should ensure safe transitions of care for all our patients and families.

As always please contact me with any questions or concerns.

Katie RN, DON



## Social Work News– continued

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with my family and playing with our two energetic dogs. I love the outdoors and like to spend my time hiking, biking, fishing, playing sports, and gardening. One of my life goals is to visit all of the nation’s visit all of the nation’s national parks. As of right now, I have been to over 30! My favorites include

Glacier, Denali and Yellowstone. I also enjoy reading, cooking, going to movies, traveling and volunteering in the community. My office is located in the front of the building down the hallway from the Nurse’s desk. I encourage you to stop by or contact me with any questions or concerns. I am excited to

begin working here at West Ridge and am looking forward to getting to know all of you!

Abby



# Food For Thought

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Vegetarian? What does it mean related to nutrition?

Vegetarianism means avoiding meat, poultry, fish, and products made from these animal sources, like milk, cheese, yogurt, and eggs. Some vegetarians strictly follow this pattern while others modify it to their preferences.

The main 4 types of vegetarian diets are:

1. Lacto-ovo vegetarian: the diet includes eggs and dairy products but does not allow meat, poultry or fish. This is the most common type.
2. Lacto-vegetarian: the diet includes dairy products but avoids meat, poultry, fish and eggs.
3. Vegan or strict vegetarian: the diet includes no animal products. No meat, poultry, fish, eggs, or dairy products. Some also choose to avoid butter, margarine, and honey.
4. Semi-vegetarian or partial vegetarian: the diet varies non-meat meals with an occasional meal that includes meat, poultry, or fish.

If carefully planned, a vegetarian diet can be lower in fat and higher in fiber and allow for ease in weight reduction. A vegetarian diet can be healthy, satisfying, and nutritious if the right combinations of food choices are made.

The challenges of a vegetarian diet vary with the type of vegetarian diet a person

chooses to follow. A strict vegetarian diet can be more difficult to meet the nutritional needs since the lack of animal foods in the diet could lead to a lack of “complete” protein, Vitamin B12., Vitamin D, calcium, iron, and zinc. Plants can contribute protein to the diet but they are not a “complete” protein. Complete proteins are those which have all the essential amino acids) and incomplete proteins are those which do not contain all the essential amino acids. “Complete” proteins are needed to build tissues and other compounds. Vegetarians can make complete proteins in their diet by combining legumes with grains, nuts, or seeds. Some examples would be to combine peanut butter with whole wheat bread or red beans with rice. When combining complementary proteins to make a complete protein, it’s not always necessary to consume the food items together at the same meal or at the same time but to consume the food items within the next meal or two. People who include eggs and dairy products in their meals may have less difficulty meeting their nutritional needs since they are including complete proteins. Despite the type of vegetarian diet a person follows, the diet needs to limit intake of fats, sugar, and sodium.

A good balance from all the food groups will help vegetarians make healthy choices. Such as the following:

**Grains:** whole grain breads

and cereals; enriched and fortified products; wheat germ; wheat bran; brown rice; barley; whole wheat pasta; popcorn; pretzels; tabouli; etc.

**Fruit:** any and all fruits are included. Fresh, frozen, canned, dried. Try to get a good variety of colors like yellow, orange, green, red, pink, purple.

**Vegetables:** any all vegetables are included. Fresh, frozen, canned. Try to get a good variety of colors just like with the fruits.

**Protein:** soy products; tofu; tempeh; veggie burgers; nut butters; eggs; legumes; dried beans and peas of all kinds; nuts; textured soy protein.

**Dairy:** soy-based milk, yogurt, cheese; rice milk.

Vegetarians should plan their meals and snacks just like non-vegetarians need to do in order to meet your nutritional needs.

Charlene

*Source: The Everything Dieting Book; Sandra K. Nissenberg*



## Happy Birthday to You

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The following people have birthdays in the month of September. Be sure to wish them a "Happy Birthday" when you see them!

### **Elders**

Donald Tauke on 9/14

Martha Divishek on 9/15

### **Care Partners**

Michelle West on 9/3

Kelly Jennings on 9/6

Cathy Powers on 9/6

Margie Anthony on 9/16

Jill Hines on 9/22

Denise Roff on 9/22

Frank Creque on 9/29

Aleighia Packingham on 9/29

Star Partee on 9/29



## Let's Welcome Them

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We would like to welcome the following people to the West Ridge family. We hope that they find West Ridge to be a special place to live and work.

### **Elders**

Inez Birkicht

Marie Ellingson

Margaret Emerson

Butch Hendricks

Francis Luzem

Lloyd Pearson

Peggy Repstein

Jerry Rygr

Harold Sirowy

Nyle Spalding

### **Care Partners**

Brittany Burnett

Abby Martin

Kiana McCune

Kelsey Oellrich

Alaysia Pursell

Jasmine Reuter

Scott Smith



## Happy Anniversary

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Thank you to the following staff how have anniversary dates in the month of September for all your hard work and dedication to West Ridge.

### **Eight Years**

Ruthann Gharib

### **Two Years**

JoAnn McBride



The bond that links your true family is not one of blood, but of respect and joy in each other's life.



## Katy's Korner

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As the kids go back to school, and slowly but surely you start to realize the nights are arriving sooner, and you can't help but dig for that lightweight jacket in the corner of your closet... it becomes clear that Fall is approaching. And with Fall comes the greatly anticipated harvesting season.

Fall is a universal time of harvest in the Northern Hemisphere being that the crops have grown all summer and are ready to be reaped before winter kills them off entirely. With this unanimous timing comes many varied celebrations for said edible achievements. In the U.S. it is not as blatant of a celebration as it is in some other countries like Italy and Nigeria.

In Italy, specifically the Chianti region, they celebrate a holiday called La Festa dell'Uva. This celebration is towards the end of September or early October and symbolizes the end of grape harvesting season. During this time the region meets in the small town of Impruneta where they have gathered for centuries to taste the local wine, dressed in medieval attire and share in singing and dancing.

Nigeria celebrates their harvest a bit differently. What is referred to as the "Yam Festival" takes place in the beginning of August rather than later in the season of what one might consider "Fall". During this festival, what some refer to as "Hoot at Hunger", there are many parades

consisting of drums and dancing, where the people then offer their yams to the gods. Dancing and singing are also a large part of this celebration as well as the eating of the native dish, Fufu, which consists heavily of yams.

Although every country celebrates differently, this time is well regarded as a time of celebration. A time to reap the rewards of hard work and a time to bond with family over the pride built upon your community and your ability to partake in the blessings of a successful harvest.

Katy Smith



## September is...

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Back-to-school Month

Celebration of Autumn Month

Healthy Aging Month

Senior Center Month

1- Anniversary of the Beginning of World War 2, 1939

2- 70th Anniversary of V-J Day, 1945

5- International Day of Charity

6- Read a Book Day

7- Labor Day

10- NFL Season Starts

11- Patriot Day (14th Anniversary of the Attack on

America, 2001

13- National Grandparents' Day

13- Positive Thinking Day

13-19- National Assisted Living Week

19- International Talk Like a Pirate Day

20-26- National Ballroom Dance Week

20-26- National Rehabilitation Awareness Week

20-26- World Reflexology Week

21- International Day of Peace

22- Anniversary of the Patent of

the Ice Cream Cone

22- National Centenarian Day

23- Autumn Begins

27- Full Moon

27- Gold Star Mother's Day

27- Lunar Eclipse



## Good Neighbor Get-together

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We have been blessed with many good neighbors here at West Ridge and we would like to show our appreciation to some of the businesses surrounding us. Therefore we are hosting an Open House to say "Thank You" to our neighbors, but also to our families.

Please join us Thursday, September 24th from 3:30-5:30pm at West Ridge. We will have ice cream treats and there will be information there about the Eden Alternative. Tours will also be available so if you know of anyone who might need Transitional/Skilled Care, Long-term Care or specialized

Dementia Care, please invite them to come and visit our home!

No need to RSVP, just come on September 24th and allow us a chance to say "Thank You"!



## Activities and Recreation

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It's hard to believe that summer is over and the kids are back in school. I hope you were able to get outside and enjoy the beautiful Iowa weather (when it cooperated!). We had to postpone our pontoon boat outing due to the weather, but when we did go, the day was perfect for a day on the lake.

We have introduced a few new things recently that I wanted to let you know about. The first is that we have begun using Aromatherapy and essential oils. You may see diffusers around the building. We have the blessing of our Medical Director, Dr. VandenBosch to use essential oils to improve the overall wellness of the elders and care partners of West Ridge. There is much research done on the benefits of Aromatherapy and essential oils. If you have any questions about this, please see Katie Ross-Candia or me.

The other item I wanted to mention is that we are incorporating adult coloring into some of our activities. Some consider coloring to be a child's activity but research shows that it is relaxing and stress-relieving for adults as well. Amazon.com has over 300 books specifically categorized as coloring books for adults. It is actually a huge trend right now. So not only are we getting the benefits of a relaxing activity, we are trendy too!

We will soon be welcoming a new set of Truman students to visit us this year. By the time you read this, we will have already gone to Truman for an orientation program. They will come to tour West Ridge on September 3rd and then start their regular visits on September 18.

Be sure to sign up for the **Chili Cook-Off on September 11th.**

Judging will start at 10:30am. Call Becky Pickart or Crystal Anthes if you want to enter your chili.

Later that same day we will have our annual Iowa/Iowa State Pep Rally. Come join us and show your colors! (Especially if they are Black and Gold!) Get a tattoo (temporary, of course) and munch on some yummy tailgate treats.

It's not too late to join our team for the 2015 Walk to End Alzheimer's Memory Walk. It is Saturday, September 26th. The opening ceremony is at 9:30am and the Walk begins at 10am. See me or Becky Pickart if you would like to join our team.

See the article above about our Good Neighbor Get-together. I hope you are all able to stop by for a cool treat!

Julie

